



Also available
in Spanish

Not On Tobacco

PROVEN RESULTS

- 6,130 youth participated in a total of 16 evaluations in 5 States and 489 schools. End-of-program quit rates ranged from 15% to 19% (in 6 efficacy studies) and 27% to 31% (in 10 effectiveness studies).*
- N-O-T youth who continued to smoke reduced the number of cigarettes smoked by 65.5% on weekdays and 75% on weekends.

** This is a conservative estimate based on intent-to-treat analyses, which included the full sample and assumed that youth who left the study remained smokers.*



Not On Tobacco (N-O-T) is a tobacco cessation program serving regular smokers 14 through 19 years of age, who most likely are addicted to nicotine. Based on social cognitive theory, the program trains youth in self-management and stimulus control, social skills and social influence, stress management, relapse prevention, techniques to manage nicotine withdrawal, weight management, and peer pressure. The program's 10-session curriculum can be delivered in a school or community setting and is designed to help youth—

- Stop smoking
- Reduce the number of cigarettes smoked
- Increase healthy lifestyle behaviors
- Improve life-management skills

N-O-T is a voluntary non-punitive program that uses life-management skills to help teen smokers handle stress, decisionmaking, and peer and family relationships. The program also addresses unhealthy lifestyle behaviors such as alcohol or illegal drug use, as well as related healthy lifestyle components such as exercise and nutrition.

INTENDED POPULATION

The program is intended for youth 14 through 19 years of age who currently smoke, especially youth who are daily smokers or who are likely to be addicted. The program evaluation reviewed by NREPP* was implemented with African American, American Indian, Asian American, Hispanic/Latino, Native Hawaiian and Other Pacific Islander, and White youth 12 through 19 years of age, in rural, urban, and suburban schools and communities.

HOW IT WORKS

The N-O-T curriculum includes ten 50-minute sessions that typically occur once a week for 10 consecutive weeks and offers four optional booster sessions. Because males and females may start and stop smoking for different reasons, the N-O-T program is gender-tailored to include different components, content, and techniques for males and females. Teachers, school nurses, counselors, or other staff and volunteers facilitate sessions in schools or other community sites in small private group settings. N-O-T program facilitators receive training from the American Lung Association (ALA), which includes a bound copy of the curriculum, evaluation tools, and ongoing technical support. The 1-day experiential training offers support, guidance, and instruction on topics such as understanding reasons for smoking, preparing to quit, nicotine addiction and withdrawal, accessing and maintaining social support, coping with stress, and preventing relapses.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention
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OUTCOMES

N-O-T evaluation studies typically compare the program to a brief 10- to 15-minute intervention delivered in groups. In one of these studies, the brief intervention was effective only for youth who were low-dependent smokers, whereas N-O-T was found to be effective for a range of nicotine dependence, including high-dependent smokers.

In another study examining stage of readiness to quit and cessation outcomes, the brief intervention participants in the preparing-to-quit stage were 25 times more likely to quit than youth who had not considered quitting and those who were contemplating it. In contrast, N-O-T was effective for youth regardless of baseline stage of readiness to quit. Also, N-O-T participants showed greater changes in their intent to quit smoking than did their brief intervention counterparts.

CONTACT INFORMATION

For information on implementing N-O-T in your area, contact your local chapter of the American Lung Association at 1-800-LUNG-USA, or visit www.lungusa.org.

For information about program research and development, contact:

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IMPLEMENTATION ESSENTIALS

Complete sessions should be delivered approximately 1 hour a week for 10 weeks by a trained facilitator. The curriculum should be followed as shown in the N-O-T guidelines and instructions. It is recommended groups of 10 to 12 same-gender participants be led by like-gender facilitators. Additional implementation requisites include cooperation and support from site decisionmakers and support staff, resources and support for participant recruitment, established protocol for participant referral to additional health services (if needed), and active parental consent.

N-O-T includes four optional booster sessions that provide participants with support after completing the core program. A brief Alternative to Suspension program is available, which is designed to address student violation of a school tobacco-use policy. The program also is available in Spanish.

PROGRAM DEVELOPERS

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N-O-T was developed and written by research faculty Dr. Kimberly Horn and Dr. Geri Dino of the Centers for Disease Control and Prevention-supported Prevention Research Center, Department of Community Medicine, West Virginia University. Their tobacco-use prevention research has impacted policy and practice at State and national levels. Their philosophy of community-based participatory research has focused their research on the social and environmental context of substance abuse in disparate communities. Both are extensively published in the field of teen smoking cessation. The American Lung Association adopted the program in 1998.

* National Registry of Effective Programs and Practices

Program detail and citations can be obtained at
<http://modelprograms.samhsa.gov>

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